BOARD ANNOUNCEMENTS AND LESSON PLAN

WEEK OF NOVEMBER 11 and 12 (A/B DAY)

1. UPDATE YOUR TABLE OF CONTENTS - YOU SHOULD HAVE PAGE 1-17
2. Add to you vocabulary list
3. Always label each page - go back and check
4. Cover page - completed by end of 2nd Trimester - ADD COLOR
5. IAN-lesson plans by dates - all are on Albion Website/Library/classroom help/PE-Health

**PG 13**

TITLE/CONCEPT: 3 VOCAB WORDS - ESSENTIAL, INTENSITY, PERSERVERANCE - review

-Give your sentences today

**PG 12**

TITLE/CONCEPT: 3 VOCAB WORDS - Draw or explain examples of each vocabulary word COLOR to emphasize essential meaning/term. LABEL EACH WORD

**PG. 15**

TITLE/CONCEPT: HEART RATE MONITOR

Write on top: Essential questions: How do I successfully use the heart rate monitor? What do I need to know?

**DISCUSS THE ANSWERS TODAY - TAKE NOTES IF YOU MISSED A CONCEPT**

You tube - PE Leaders Polar e600 Tutorial

**http://www.youtube.com/watch?v=9ZBtHR7bXYc**

1. All the parts of using one the monitor
2. How do I work each part?
3. What are the do's and don'ts?
4. How do I put it away?

**PG. 14**

TITLE/CONCEPT- Heart Rate monitor drawing

* LABEL AND DRAW ALL THE PARTS OF THE MONITOR INCLUDING BUTTONS
* HOW TO READ FILE - WHAT 'S A GOOD WORKOUT?
* How Can I change my intensity in my workouts? Give examples

**PG. 17**

TITLE/CONCEPT: FITNESS ASSESSMENT

1. **Write down your four tests and scores**
2. Attach the LEVEL OF FITNES S FORM
3. Attach Smart goal
4. Take your PRINTOUT OF FITNESS to show parent with signature and show Walton. Write how you both feel about your fitness . Be specific

ONE CHART FOR BOYS - ONE FOR GIRLS

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| BOYS - 8TH GRADE | | | | | |
| **LEVEL OF FITNESS** | **Participant** | **National** | **Presidential** |  |  |
| Mile | 8:07 and more | 6:51-8:06 | 6:50 and less |  |  |
| Sit-ups/Curl-ups (1Min) | 41 and less | 42-52 | 53 and more |  |  |
|  |  |  |  |  |  |
| **LEVEL OF FITNESS** | **Low Fitness** | **Fit** | **Very Fit** |  |  |
| Modified Sit&Reach | 8" or less | 9"-12" | 13" or more |  |  |
|  |  |  |  |  |  |
| **LEVEL OF FITNESS** | **Poor** | **Fair** | **Average** | **Good** | **Excellent** |
| Bicep - Pounds Pulled | 0-37 | 38-49 | 50-57 | 58-65 | 67 or more |

**SMART GOAL - HOW CAN I APPLY THIS TO ALL ASPECTS OF HEALTH?**

**RIGHT SIDE PAGE OF YOUR IAN:**

1. **S –**stands for Specific –You should be clear about what you want to happen

* Not Specific: I want to make good grades
* Specific: I want to have a 93 average in science by May 26th 2007

2. **M –**stands for measurable –You should be able to track your goal

* Not Measurable: I want to make a lot of free throw shots
* Measurable: I want to make at least 9 out of 10 free throw shots in the next basketball game

3. **A –**stands for Action –What small specific actions must you take to achieve this goal

* Wrong: In order to make a 93 average in science by May 26th 2007 I must study
* Right: In order to make a 93 average in science by May 26th 2007 I must read over my science notes every night for 20 minutes

4. **R –**stands for Realistic –Can you achieve these goals? Is it doable?

* Unrealistic: I want make 200 free throw shots in one game
* Realistic: I want to make 8 out of 10 of the free throw shots that I attempt

5. **T –**stands for Time –You should set a timeframe for your goal

* No time: I want to learn to play the piano
* Time: I want to learn to play “Twinkle Twinkle Little Star by June 3rd

**PG. 16**

TITLE/CONCEPT: MY SMART GOALS

1. SET AT LEAST ONE GOAL IN IMPROVING FITNESS - FILL IN THE GRAPHIC ORGANIZER

You may use this example or change to fit your level of fitness

SMART Goal Planning Form - AT LEAST ONE, 3 OR MORE FOR ALL POINTS

Specific – WHO? WHAT?

Goal #1-I will increase my sit up score by 5

Goal #2

Goal #3

Measurement/Assessment – HOW?

Goal #1-I will do 4 sets of 25 to 30 crunches, 3 to 4 sets of lean backs (30 sec), and 3 to 4 planks (30 sec)

Goal #2

Goal #3

Attainable/Achieve/Action– REASONABLE?

Goal #1-I will do these exercises each time we are in the gym and at home Mon, Wed, Sat

Goal #2

Goal #3

Relevant/Realistic – EXPECTED RESULT?

Goal #1- I want to achieve a score of 38 sit ups by end of 2nd Tri and 40 by end of 3rd Tri

Goal #2

Goal #3

Timed – WHEN?

Goal #1- Next time we test in each trimester

Goal #2

Goal #3

**DID I SUCCEED? - BE SPECIFIC FOR EACH ASSESSMENT**

**Pg. 19**

TITLE/CONCEPT: Chap. 8 Nutrition -194 to 214

Essential Question: What are nutrients?

Terms

* Carbohydrates, fats, and proteins - role they play for your body
* Vitamins (2 types), minerals (seven), and water (importance)

**Pg. 18**

TITLE/CONCEPT: My Nutrition

Show examples from what you learned about the nutrients

What are healthy foods I like that are nutritious? Which ones are not and why?

**Pg. 21 -** (Nov. 18/19)

TITLE/CONCEPT: Guest Speaker Nutrition

My notes:

**Pg. 20**

TITLE/CONCEPT: What did I learn?

Draw, explain, set goals from what the speaker talked about